

HealthierUS School Challenge

Food/Nutrient Guidance

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Examples of Dark Green/Orange Vegetables

- Acorn Squash
- Beet and Mustard Greens
- Bok Choy
- Broccoli
- Butternut Squash
- Carrots
- Collard Greens
- Dark Green Leaf Lettuces or Salad Greens, e.g. Mesclun
- Hubbard Squash
- Kale
- Pumpkin
- Romaine Lettuce
- Spinach
- Sweet Potatoes or Yams (Orange)
- Turnip Greens
- Watercress

Examples of Orange Fruits

- Apricots
- Cantaloupe
- Guava
- Mandarin Oranges
- Mango
- Nectarines
- Orange
- Papaya
- Peaches
- Tangerines

Good Sources of Vitamin C (at least 8 mg per serving)*

| Food Item | Serving Size | Mg. |
|--|---------------------|------------|
| Asparagus, frozen, cooked, boiled | ½ cup | 22 |
| Asparagus, frozen, cooked, boiled | 4 spears | 15 |
| Broccoli, frozen, chopped, cooked, boiled | ½ cup | 37 |
| Broccoli, raw | ¼ cup | 20 |
| Brussels sprouts, frozen, cooked, boiled | ¼ cup | 18 |
| Cabbage, Chinese (pak-choi), cooked, boiled | ½ cup | 22 |
| Cabbage, cooked, boiled | ½ cup | 15 |
| Cabbage, red, raw | ¼ cup | 10 |
| Carambola,(starfruit), raw | ¼ cup | 9 |
| Cauliflower, frozen, cooked, boiled | ¼ cup | 14 |
| Cauliflower, raw | ¼ cup | 12 |
| Coleslaw, school-prepared | ¼ cup | 10 |
| Collards, frozen, chopped, cooked, boiled | ½ cup | 22 |
| Corn, sweet, yellow, canned | ½ cup | 9 |
| Cranberry juice cocktail, bottled | 4 fl. oz. | 45 |
| Grapefruit sections, canned, light syrup pack, solids and liquid | ¼ cup | 14 |
| Grapefruit, raw, white | ¼ grapefruit | 20 |
| Grapes, red or green (Such as Thompson seedless), raw | ½ cup | 9 |
| Kale, cooked, boiled, drained | ½ cup | 27 |
| Kiwi fruit, (Chinese gooseberries), fresh | ½ medium | 35 |
| Kohlrabi, cooked, boiled, drained | ½ cup | 45 |
| Lemon juice, canned or bottled | 2 T. | 8 |
| Lima beans, immature seeds, frozen, cooked | ½ cup | 11 |
| Mangos, raw | ¼ cup | 12 |
| Melons, cantaloupe, raw | ½ cup | 29 |
| Melons, cantaloupe, raw | 1/8 melon | 25 |
| Melons, honeydew, raw | ½ cup | 15 |
| Mustard greens, cooked, boiled | ½ cup | 18 |
| Orange juice, canned, unsweetened | 4 fl.oz. | 43 |
| Orange juice, chilled, includes from concentrate | 4 fl. oz. | 41 |
| Oranges, raw, all commercial varieties | 1 medium | 70 |
| Papayas, raw | ¼ papaya | 47 |
| Peaches, frozen, sliced, sweetened | ¼ cup | 59 |
| Peas, green, canned, regular pack | ½ cup | 8 |
| Peas, green, frozen, cooked, boiled | ½ cup | 8 |
| Peppers, hot chili, green, raw | ¼ pepper | 27 |
| Peppers, hot chili, red, raw | ¼ pepper | 16 |
| Peppers, sweet, green, raw | ¼ cup | 30 |
| Peppers, sweet, green, cooked, boiled, drained | ¼ cup | 25 |
| Peppers, sweet, red, raw | ¼ cup | 71 |

Attachment B-1 continued

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| Peppers, sweet, red, cooked, boiled, drained | ¼ cup | 58 |
| Pineapple juice, canned, unsweetened | 4 fl. oz. | 13 |
| Pineapple, canned, juice pack, solids and liquids | ½ cup | 12 |
| Pineapple, raw, all varieties | ¼ cup | 14 |
| Plantains, raw | ½ medium | 16 |
| Potato salad, school-prepared | ½ cup | 13 |
| Potatoes, white, baked | 1 medium | 17 |
| Potatoes, hashed brown, school-prepared | ½ cup | 10 |
| Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added | ½ cup | 11 |
| Potatoes, mashed, school-prepared | ½ cup | 11 |
| Raspberries, frozen, red, sweetened | ½ cup | 21 |
| Refried beans, canned (includes USDA donated) | ½ cup | 8 |
| Rutabagas, cooked, boiled | ¼ cup | 8 |
| Sauerkraut, canned, solids and liquids | ¼ cup | 9 |
| Soybeans, green, cooked, boiled | ½ cup | 15 |
| Spinach, canned, drained solids | ½ cup | 15 |
| Squash, summer, all varieties, raw | ½ cup | 10 |
| Squash, winter, all varieties, cooked, baked | ½ cup | 10 |
| Strawberries, frozen, sweetened, sliced | ½ cup | 53 |
| Strawberries, raw | ½ cup | 49 |
| Sweet potato, canned, syrup pack, drained solids | ½ cup | 11 |
| Sweet potato, cooked, baked in skin | 1 potato | 29 |
| Tangerines, (mandarin oranges), canned | ¼ cup | 12 |
| Tangerines, (mandarin oranges), raw | 1 tangerine | 22 |
| Tomato juice, canned | 4 fl. oz. | 22 |
| Tomato products, canned, puree | ¼ cup | 13 |
| Tomato products, canned, sauce | ½ cup | 9 |
| Tomato soup, canned, prepared with equal | ½ cup | 33 |
| Turnip greens, cooked, boiled | ½ cup | 20 |
| Turnip greens, frozen, cooked, boiled | ½ cup | 18 |
| Vegetable juice cocktail, canned | 4 fl. oz. | 34 |
| Watermelon, raw | 1 wedge | 23 |

*For the HealthierUS School Challenge, a food with 8 mg. or more of vitamin C per serving was established as a good source since this is approximately ½ the NSLP target for this nutrient. It is assumed that the remainder of the nutrient will be provided from all other food items on the menu.

The Following USDA Recipes Provide at Least 8 mg or More of Vitamin C Per Serving

| Recipe | Recipe No. | Vitamin C mg |
|---|-------------------|---------------------|
| Herbed Broccoli and Cauliflower Polonaise | I-18 | 38.8 |
| Orange-Pineapple Gelatin | C-11 | 30.5 |
| Broccoli Salad | E-17 | 30.3 |
| Pork Stir Fry | D-39B | 29.7 |
| Stir-Fry (Chicken, Beef, Pork) | D-39 | 29.3 |
| Beef Stir Fry | D-39A | 29.2 |
| Vegetable Lasagna | D-50 | 27.2 |
| Marinated Black Bean Salad | E-21 | 23.7 |
| Broccoli, Cheese, and Rice Casserole | I-08 | 23.5 |
| Vegetable Pizza | D-30A | 20.9 |
| Beef Shepherd's Pie | D-43 | 18.4 |
| Orange Rice Pilaf | B-21 | 17.7 |
| Vegetable Chili | D-49 | 17.5 |
| Lasagna with Ground Pork and Ground Beef | D-25A | 16.5 |
| Vegetable Wraps | F-09 | 16.5 |
| Lasagna With Ground Beef | D-25 | 16.3 |
| Thick Vegetable Soup | H-05 | 15.2 |
| Orange Glazed Sweet Potatoes | I-13 | 14.6 |
| Chili Con Carne With Beans | D-20 | 14.5 |
| Ground Beef and Macaroni | D-22 | 13.9 |
| Tabouleh | E-23 | 13.4 |
| Vegetable Soup | H-04 | 13.3 |
| Vegetable Stromboli | F-06B | 13.1 |
| Beef and Bean Tamale Pie | D-15A | 12.3 |
| Sloppy Joe on Roll | F-05 | 11.9 |

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| Beef Tamale Pie | D-15 | 11.9 |
| Chicken or Turkey Tamale Pie | D-15B | 11.9 |
| Vegetable Quesadilla | D-52 | 11.9 |
| Ground Beef and Spanish Rice | D-23 | 11.8 |
| Chicken Vegetable Soup | H-04B | 11.8 |
| Beef Vegetable Soup | H-04A | 11.5 |
| Quick Baked Potatoes | I-17 | 11.3 |
| Creamy Cole Slaw | E-06 | 11.1 |
| Bean Burrito | D-12A | 10.1 |
| Chinese Style Vegetables | I-09 | 10.1 |
| Pizzaburger on Roll | F-04 | 10.0 |
| Pizza with Ground Pork Topping | D-31A | 10.0 |
| Beef or Pork Burrito | D-12 | 9.7 |
| Beef or Pork Burrito (Using Canned Meats) | D-12B | 9.7 |
| Pasta Salad | E-08 | 9.6 |
| Pizza With Ground Beef Topping | D-31 | 9.4 |
| Potato Salad | E-09 | 9.2 |
| Chicken Tomato Bake | D-41 | 8.7 |
| Bean Taco | D-13A | 8.6 |
| Taco Salad | E-10 | 8.4 |
| Sweet and Sour Pork | D-36 | 8.3 |
| Beef or Pork Taco | D-13 | 8.2 |
| Beef or Pork Taco (Using Canned Meats) | D-13B | 8.2 |
| Chicken or Turkey Taco | D-13C | 8.2 |
| Barbecued Beef or Pork on Roll | F-02 | 8.0 |

Definition and Examples of Offering Different Entrées or Meat/Meat Alternates

Different entrées or meat/meat alternates are defined as variations in form, texture, etc. and not necessarily different types of meat/meat alternate (beef, ham, chicken, eggs, fish, etc). Although beef is the common type of food in these examples, they are considered different entrées for the HealthierUS School Challenge:

- Meatloaf with Brown Gravy
- Hamburger on a Bun
- Lasagna

SFAs should be aware that offering different *types* of meat/meat alternate, such as pork, beef, fish, chicken, egg, dried beans, etc. as frequently as possible ensures that a variety of nutrients are consumed.

Refer to Frequently Asked Questions (FAQ) #5 on page 4 for further discussion.

Definition and Examples of Dried Peas and Beans

Beans belong to the family of plants called legumes. A legume is a plant that produces seeds in a pod (fruit) and may have the ability to fix atmospheric nitrogen. The term “dry or dried beans” includes varieties of beans other than green beans, string beans, baby green lima beans, and soybeans. Dried beans are available uncooked in sealed bags or pre-cooked in cans.

Beans are one of the most nutritionally complete foods available; they contain complex carbohydrates, protein, dietary fiber, folate, and other vitamins and minerals and are low in fat, and low in sodium.

Examples of dried peas and beans are:

- Pinto beans
- Great Northern or navy beans
- Kidney or red beans
- Black beans
- Lentils
- Garbanzo beans (chickpeas)
- Cowpeas
- Split peas
- Lima beans (dry, mature, such as large white)
- Black-eyed peas

Definition and Examples of Whole Grain Products

A whole grain food is one labeled as a whole grain product or with a whole grain as the primary or first ingredient in the product's ingredient label.

The local school review committee should review the ingredient list on the product's ingredient statement to determine whether a product meets the HealthierUS School Challenge criteria. A whole grain should be the first grain ingredient listed, indicating it is the *primary* grain of the product. For many whole-grain products, the words *whole* or *whole grain* will appear before the grain ingredient's name. Wheat flour, enriched flour, and degerminated cornmeal are not whole grains. Whole grains that are widely available in the U.S. are:

- Brown rice
- Bulgur (cracked wheat)
- Graham flour (coarsely ground whole wheat flour)
- Whole oats (oatmeal)
- Whole-grain barley
- Whole grain cornmeal
- Whole rye flour
- Whole wheat flour

You might also look for the whole-grain health claim—"Diets rich in whole-grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may help reduce the risk of heart disease and certain cancers"—on food product labels. Foods that bear the whole-grain health claim must:

- Contain 51% or more whole grains by weight
- Be low in fat

For further discussion on whole grain products, review Frequently Asked Questions, #7 and #8 on pages 4 and 5.

Food Sources of Iron

Meat/Meat (M/MA) alternates (provide a range of .5 to 4 mg iron per 1 oz serving or equivalent):

- Cooked dried beans and peas (such as kidney beans, navy beans, black beans, mature dried lima beans, pinto beans, black-eyed peas, white beans, refried beans, and lentils)
- Beef, liver, and other organ meats provide greatest amount of iron
- Shellfish (like shrimp, clams, mussels, and oysters)
- Turkey (remove skin to reduce fat)
- Nuts such as almonds, peanuts, and walnuts
- Peanut butter (2 T.)

Grains/Breads (G/B) Products (provide a range of .6 to .8 mg iron per G/B serving):

- Enriched breads, cereals, pasta, other grain products
- Whole-grain breads, grain products

Vegetables/Fruits (V/F) (provide a range of .3 to 1 mg iron per ¼ c serving):

- Dried fruits (such as apricots, dates, figs, prunes, and raisins)
- Chard
- Beet greens
- Cherries, sour, red, canned
- Collard greens
- Pumpkin
- Potato, baked
- Salsa (USDA commodity only)
- Sauerkraut
- Spinach
- Spaghetti/Marinara Sauce, prepared
- Tomato paste and tomato puree
- Turnip greens

Other Sources:

- Blackstrap molasses

Note: Heme iron is found in meat, shellfish and poultry and is absorbed much more easily than non-heme iron which is found primarily in fruits, vegetables, dried beans, nuts and grain products.

The Following USDA Recipes Provide at least 2 mg or More Iron Per Serving

| Recipe Name | Recipe No. | Iron mg/serving |
|---|-------------------|----------------------------|
| Tuna and Noodles | D-37 | 3.92 |
| Sloppy Joe on Roll | F-05 | 3.74 |
| Taco Pie with Beans | D-45B | 3.62 |
| Pizzaburger on Roll | F-04 | 3.58 |
| Taco Pie with Salad Topping | D-45A | 3.41 |
| Barbecued Beef or Pork on Roll | F-02 | 3.40 |
| Bean Burrito | D-12A | 3.37 |
| Ground Beef and Macaroni | D-22 | 3.32 |
| Beef Taco Pie | D-45 | 3.28 |
| Beef and Bean Tamale Pie | D-15A | 3.26 |
| Spaghetti and Meat Sauce | D-35 | 3.24 |
| Ground Beef and Spanish Rice | D-23 | 3.10 |
| Beef Stew | D-14 | 3.06 |
| Tuna Salad Sandwich | F-08 | 3.02 |
| Spaghetti and Meat Sauce (Ground Beef and Ground Pork) | D-35A | 2.98 |
| Breakfast Burrito with Salsa | J-02 | 2.95 |
| Beef Tamale Pie | D-15 | 2.89 |
| Vegetable Lasagna | D-50 | 2.86 |
| Pizza With Ground Beef Topping | D-31 | 2.82 |
| Beef Stir Fry | D-39A | 2.73 |
| Chili Con Carne With Beans | D-20 | 2.71 |
| Vegetable Pizza | D-30A | 2.68 |
| Bean Taco | D-13A | 2.67 |
| Bean Soup | H-01 | 2.66 |
| Lasagna With Ground Beef | D-25 | 2.65 |
| Beef or Pork Burrito | D-12 | 2.62 |

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|---|-------|------|
| Pizza with Ground Pork Topping | D-31A | 2.60 |
| Thick Vegetable Soup | H-05 | 2.58 |
| Cherry Cobbler | C-06 | 2.58 |
| Lasagna with Ground Pork and Ground Beef | D-25A | 2.56 |
| Taco Salad | E-10 | 2.49 |
| Beef Shepherd's Pie | D-43 | 2.43 |
| Beef or Pork Taco | D-13 | 2.43 |
| Chicken or Turkey Tamale Pie | D-15B | 2.40 |
| Toasted Turkey Ham and Cheese Sandwich | F-07A | 2.39 |
| Beef or Pork Burrito (Using Canned Meats) | D-12B | 2.35 |
| Egg Salad Sandwich | F-03 | 2.29 |
| Vegetable Chili | D-49 | 2.26 |
| Beef or Pork Taco (Using Canned Meats) | D-13B | 2.23 |
| Meat Balls | D-27A | 2.23 |
| Meat Loaf | D-27 | 2.23 |
| Chicken or Turkey Pot Pie | D-19 | 2.23 |
| Turkey and Dressing Supreme | D-38 | 2.21 |
| Ground beef Stroganoff | D-24 | 2.19 |
| Pizza With Cheese Topping | D-30 | 2.17 |
| Arroz con Queso | D-48 | 2.16 |
| Chicken Fajitas | D-40 | 2.11 |
| Country Fried Steak | D-21 | 2.11 |
| Cinnamon Rolls | B-08 | 2.08 |
| Gingerbread | C-23 | 2.07 |
| Sweet Potato-Prune Bread Squares | B-18 | 2.05 |
| Chicken Tomato Bake | D-41 | 2.01 |
| Minestrone | H-07 | 2.00 |
| Salisbury Steak | D-33 | 2.00 |